

FORGING THE FUTURE:



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Friday FACTS

7 April 2006

"Leadership, Partnership, and Championship"

DoD Suicide Prevention Update

Did you miss the 2006 Military Suicide Prevention Conference in February? The presentations are on line and ready for your review!

Check out what the national experts and military leaders had to say about suicide prevention efforts! Click on the link and then the speakers name for their respective PowerPoint presentations at:

www.ha.osd.mil/2006.msps/

Centers for Disease Control (CDC) and Prevention Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases

Looking for a resource to use in planning effective, evidence-based community interventions to reduce obesity? The CDC's Resource Guide for Nutrition and Physical Activity Interventions to Prevent Obesity and Other Chronic Diseases is available to assist communities in PREVENTING obesity and other chronic diseases through the implementation of effective nutrition and physical activity interventions. Specific topics include obesity prevention and control (including caloric intake and expenditure), increased physical activity, improved nutrition (including increased breastfeeding and increased consumption of fruits and vegetables), and reduced television time. The entire guide can be viewed and downloaded at:

http://www.cdc.gov/nccdphp/dnpa/pdf/guidance_document_3_2003.pdf

Crews Into Shape

Crews into Shape Wrap-up!

Crews Leaders- don't forget to:

1. Ask Crew Members to complete the [on-line Crews Evaluation](#) by 7 April 2006.
2. E-mail your completed Crew Leader's Worksheet to NEHC by 7 April 2006.
3. Print [certificates](#) for each of your Crew Members and celebrate their success!
4. Capitalize on the momentum - make your new exercise program, eating at least 5 fruits & vegetables daily and maintaining the recommended amount of fluid intake lifetime habits!



Navy Releases Results of Alcohol Abuse Prevention Study

At the request of the Vice Chief of Naval Operations, the Naval Inspector General (NAVINSPGEN) evaluated the Navy's alcohol abuse prevention programs in order to make recommendations for improvement. The NAVINSGEN reviewed the prevention policies and treatment strategies, and evaluated the roles and responsibilities of the many organizations that execute the Navy's program.

The following link takes you to the written report which includes findings, conclusions and recommendations for Navy leadership. Additionally, at the same link, you will also find our earlier studies on Substance Abuse and Sexual Assaults.

[<http://www.ig.navy.mil/studies/studies.htm>](http://www.ig.navy.mil/studies/studies.htm)

Note: The area on this website had been restricted to allow for only navy.mil users to access.